

# GOLDEN GLOW

Published by Schuyler County Office For the Aging and NY Connects



Schuyler County  
Office For the Aging

323 Owego St., Unit 7  
Montour Falls, NY 14865

(607) 535-7108  
[www.schuylercounty.us](http://www.schuylercounty.us)



**NY Connects**  
Your Link to Long Term  
Services and Supports

of SCHUYLER COUNTY

(800) 342-9871 (607) 535-7108

**Nutrition Reservations: (607) 535-7470**

**OFA Transportation Requests:  
(607) 535-3555**

**“Your Connection to Long Term Services and  
Supports, REGARDLESS of AGE”**

Vol. 56 No. 2

March/April 2026

## DIRECTOR’S CORNER

As we welcome the arrival of spring, I’m reminded of how this season encourages renewal, connection, and fresh starts. The longer days and warmer weather offer all of us—older adults, caregivers, families, and community partners—an opportunity to re-engage, explore new routines, and enjoy the vibrant months ahead.

This edition of the *Golden Glow* is filled with resources and updates to support your health, independence, and well-being. Our **Nutrition Spotlight** dives into National Nutrition Month and offers practical, sustainable ways to make healthier food choices. You’ll also find a delicious recipe and helpful tips for boosting brain health through everyday nutrition.

Our **HIICAP** section focuses on medication safety—an important topic as many older adults manage multiple prescriptions. Understanding what you take and why is essential, especially as insurance plans and formularies continue to change.

In **Caregiver’s Corner**, we explore the importance of staying connected and nurturing your own interests while caring for others. Caregiving is meaningful work, but it should never require giving up your own identity or well-being. You’ll also find information about respite vouchers and Road Scholar caregiver grants that may offer much-needed support.

Our **NY Connects and EISEP** page highlight programs that help older adults remain safely at home, including options for in-home assistance and guidance for families exploring long-term care supports.

As spring brings new beginnings, we are also making a few updates to our congregate meal sites to better serve you. Meal times, menus, and site operations continue to evolve to meet community needs, and we’ve decided to change one of our meal site locations. Our updated congregate meal sites include:

- ♦ Silver Spoon Café (323 Owego St. Montour Falls, NY): Open Monday through Friday 11 a.m. to 1 p.m.
- ♦ Monterey Fire Hall (1465 South St. Beaver Dams, NY): Open Tuesdays 11 a.m. to 1:00 p.m.
- ♦ Tyrone United Methodist Church (3647 Church Hill Road): Open Wednesdays 11:00 a.m. to 1 p.m.
- ♦ Valois Logan Hector Volunteer Fire Co. (5736 State Route 414 Hector, NY); Open Thursdays 11:00 am to 1:00 p.m.

**Keep an eye out for a Schuyler County OFA Meal Coupon tucked somewhere in this newsletter—cut it out, bring it in, and enjoy a fun little reward on us. The coupon is valid for one meal for any senior aged 60 or older to be redeemed at one of our congregate meal sites.** If you haven’t visited in a while, this is a wonderful season to reconnect with friends, enjoy a nutritious meal, and take part in the social activities that make our sites so special. We encourage everyone to call (607) 535-7470 ahead to make a reservation! You can also check out our monthly congregate meal menu located at each of our congregate meal sites and on our website.

Spring is a time of growth, and our office remains committed to growing alongside you—expanding services, strengthening partnerships, and celebrating the contributions of older adults throughout Schuyler County. As always, we welcome your feedback, your ideas, and your involvement. **Wishing you a bright and healthy spring season!**

Sincerely,  
Justine Patterson, Director



## Older New Yorkers’ Day 2026

Each year, the New York State Office for the Aging (NYSOFA) celebrates Older New Yorkers’ Day by honoring outstanding older adults from across the state who exemplify the spirit of volunteerism and community service. This special recognition highlights healthy aging, active lifestyles, and the powerful contributions older adults make every day in our communities. It also helps challenge outdated stereotypes about aging by showcasing older adults who are engaged, inspiring, and giving back.

Each New York State county may nominate up to two individuals to be recognized at this statewide event, which is held in Albany. Local Offices for the Aging attend the celebration and proudly support their nominees. Nominations are welcome from any community member who would like to recognize an older adult they know and appreciate for their meaningful contributions.

The Schuyler County Office for the Aging strongly encourages community members to participate by submitting nominations. If you know an older adult whose dedication, volunteerism, or community involvement deserves recognition, we invite you to nominate them. To request a nomination form or ask questions, please contact our office at **607-535-7108** or email [ofa@schuylercountyny.gov](mailto:ofa@schuylercountyny.gov).

Completed nomination forms, along with a photo of the nominee, must be submitted to the Schuyler County Office for the Aging no later than **Friday, February 27, 2026**. The recognition event will take place in **May 2026 in Albany**, and specific details will be provided directly to those selected for recognition.

Thank you for helping us honor and celebrate the older adults who demonstrate the positive power of community engagement and healthy aging throughout Schuyler County.

### Office Closings

There will be no office hours, meal delivery, or congregate

*April 3rd—Good Friday*

*May 25th—Memorial Day*

*July 3rd—Independence Day (early)*



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Schuyler County Office for the Aging  
323 Owego Street, Unit 7  
Montour Falls, NY 14865

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# Silver Spoon Café Menu

Meals served at 12 p.m./ Montour site 11:45a.m.  
For reservations call 607-535-7470 by 9 a.m.  
*Menu Subject to Change*

Dates	Mon	Tue	Wed	Thu	Fri
<b>March 2-6</b>	<b>Hot Roast Beef on Whole Grain Bun</b> Parsley Carrots Baked Potato with Sour Cream Pears and Blueberries	<b>Turkey Stew</b> Green Beans Frijole Salad Whole Grain Biscuit	<b>Vegetable Lasagna</b> Winter Squash Whole Grain Dinner Roll Cranberry Fruit Salad	<b>Baked Fish with Dill Sauce</b> Brown Rice California Blend Vegetables Peach Coleslaw Applesauce	<b>Brunch at 11AM</b> <b>Pepper, Onion, Egg Scramble</b> Roasted Red Potatoes Whole Grain Belgian Waffle Sticks Tropical Fruit Salad
<b>March 9-13</b>	<b>Broccoli and Ham Casserole</b> Couscous Sweet Potatoes and Apples Mandarin Oranges	<b>Barbecued Chicken on Whole Grain Bun</b> Spinach Chickpea Salad Fruit Cocktail	<b>Turkey à la King</b> Whole Grain Biscuit Cauliflower Fresh apple Cucumber and Onion Salad	<b>Swedish Meatballs</b> Whole Grain Egg Noodles Peas and Pearl Onions Grapes	<b>Stuffed Shells</b> Lima Beans Whole Grain Bread Tossed Salad with Italian Dressing Mixed Berries
<b>March 16-20</b>	<b>Turkey Meatloaf</b> Corn Parsley Carrots Fruit Fluff Whole Grain Pumpkin Muffin	<b>St. Patrick's Day Irish Pork Stew</b> Brown Rice Sweet and Sour Cabbage Soda Bread 	<b>Baked Fish Kiev</b> Italian Blend Vegetables Mashed Potatoes Carrot Celery Salad Whole Grain Biscuit	<b>Black Bean and Sweet Potato Chili</b> Winter Squash Mixed berries Whole Grain Banana Muffin	<b>Chicken Corn Casserole</b> Broccoli Peach Apple Salad Low Sodium V8 Whole Grain Blueberry Muffin
<b>March 23-27</b>	<b>Cabbage Rolls (Stuffed with Rice and Ground Beef)</b> Harvard Beets Warm Apples Whole Grain Bread	<b>Whole Grain Macaroni and Cheese</b> Collard Greens Applesauce Tossed Salad Whole Grain Roll	<b>Sloppy Joe on Whole Grain Bun</b> Roasted Root Vegetables Zucchini and Tomatoes Ambrosia Salad	<b>Salisbury Steak</b> Brussel Sprouts Couscous Tomato Basil Salad Mandarin Oranges	<b>Herbed Pork Tenderloin</b> Whole Grain Farro Italian Green Beans Peaches with Raspberries Seven Layer Salad
<b>March 30-April 3</b>	<b>Chicken Alfredo</b> California Blend Vegetables Pineapple Tidbits Low Sodium V8	<b>Parmesan Crusted Fish</b> Mashed Potatoes Chef Cut Vegetable Whole Grain Biscuit Fresh Orange	<b>Lentil and Vegetable Stew</b> Whole Grain Biscuit Peas and Carrots Fruit Fluff	<b>Creole Baked Fish</b> Farro Asparagus Mangos Corn Relish	<b>OFA CLOSED</b> <i>Good Friday</i> 
<b>April 6-20</b>	<b>Spanish Rice</b> Fajita Vegetables Mashed Sweet Potatoes Whole Grain Dinner Roll Peaches	<b>Orange Glazed Chicken</b> Couscous Broccoli Mandarin Oranges Zucchini Salad	<b>Pulled Pork on Whole Grain Bun</b> Roasted Red Potatoes Baked Beans Watermelon	<b>Roast Turkey</b> Brown Rice Spinach Fresh Orange Cranberry Salad	<b>Brunch at 11AM</b> <b>Egg Spinach Muffins</b> Zucchini and Tomatoes Warm Apples Fruit Cocktail Whole Grain Bread
<b>April 13-17</b>	<b>Turkey &amp; Bean Casserole</b> Corn Strawberries Whole Grain Biscuit	<b>Shredded Beef</b> Peppers and Onions Brown Rice Carrot Raisin Salad Pears	<b>Greek Chicken</b> Quinoa Cauliflower Cucumber and Onion Salad Mixed berries	<b>Vegetable Lasagna</b> Parsley Carrots Fig Newtons Tropical Mixed Fruit	<b>Shepherd's Pie</b> Brussels Sprouts Whole Grain Biscuit Tossed Salad with Dressing
<b>April 20-24</b>	<b>Chicken Italian</b> Baked Potato with Sour Cream Italian Green Beans Pears with Blueberries Whole Grain Banana Muffin	<b>Four Cheese Baked Ziti (with Whole Grain Ziti)</b> Winter Squash Tossed Salad with Dressing Fruit Cocktail Whole Grain Roll	<b>Scandinavian Fish</b> Italian Blend Vegetables Whole Grain Biscuit Pineapple Tidbits Broccoli Salad	<b>Ground Beef and Mushrooms</b> Mashed Potatoes California Blend Vegetables Cantaloupe Whole Grain Apple Muffin	<b>Pizza Rice Casserole</b> Summer Squash Tabouli Salad Mixed berries 
<b>April 27-30</b>	<b>Pork Veggie Stir Fry (with Brown Rice)</b> Peas and Pearl Onions Applesauce Whole Grain Roll Tropical Mixed Fruit	<b>Lemon Garlic Fish</b> Sweet Potatoes and Apples Broccoli Whole Grain Cranberry Muffin Low Sodium V8	<b>Whole Grain Macaroni and Cheese</b> Spinach Tossed Salad with Dressing Whole Grain Bread Peaches	<b>Chicken and Gravy over Whole Grain Biscuit</b> Cauliflower Grapes Tomato Basil Salad	<b>1% milk available with every congregate meal.</b>  <b>Prior to being served, please notify food servers of any</b>

# NUTRITION SPOTLIGHT

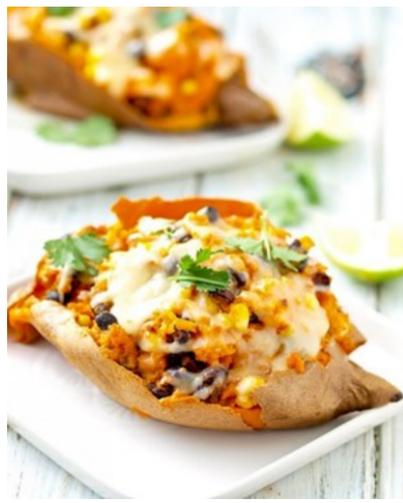
## National Nutrition Month: Discover the Power of Nutrition

By Amber Kautz, PhD, MS, RDN

March is National Nutrition Month! National Nutrition Month is a campaign, led by the Academy of Nutrition and Dietetics, that highlights the role of nutrition in overall health and wellbeing. This year's topic is discover the power of nutrition; which intends to highlight how informed food choices and healthy habits can help individuals and communities thrive.

Two key aspects of National Nutrition Month 2026 focus on 1) nutrition to maintain health and prevent chronic disease, and 2) consumption of a balanced diet that is sustainable; to help people build healthy habits in their daily routines that last beyond the month of March.

Many of us likely have daily routines when it comes to food that involve when, where, and what we eat. Small changes to these routines can make a big impact on our health! See the table below for a few examples of sustainable substitutions that can help reduce your risk of chronic disease and improve your overall health!



### Southwest Stuffed Sweet Potatoes

Source: Happy Healthy Mama

Total Time: 1 hour 10 minutes  
Servings: 2

#### Ingredients:

- 2 large sweet potatoes
- 1 tablespoon olive oil
- 1 cup cooked black beans
- 1/2 cup frozen sweet corn kernels
- 1/2 cup salsa
- 1 tablespoon lime juice
- 1/4 teaspoon ground cumin
- 1/8 teaspoon pepper
- 2/3 cup shredded cheddar cheese

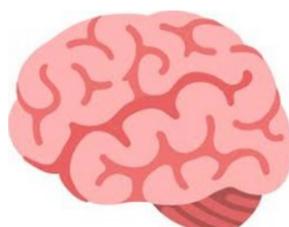
#### Directions:

1. Preheat the oven to 400 degrees. Place your sweet potatoes on a baking sheet.
2. Bake the sweet potatoes until they are fork tender, about one hour for large ones.
3. Meanwhile, heat the oil in a skillet. Add the black beans, corn, salsa, lime juice, cumin, salt, and pepper. Stir well and cook until everything is heated through, a few minutes. Remove from heat.
4. When the sweet potatoes are ready, gently cut a thin layer off of the top of each potato. Use a spoon to gently remove the flesh from each potato and place it into a medium bowl.
5. Use a fork or potato masher to mash the flesh of the sweet potatoes. Stir in the bean and corn mixture.
6. Spoon the mixture back into the skin of the sweet potato and top each one with the shredded cheese.
7. Put the cheese-topped sweet potatoes back into the oven under the broiler and broil until the cheese is melted, about two minutes. Enjoy!

Nutrition (for 1 potato):  
Calories 400, Sugar 12.5 g, Sodium 555 mg, Fat 14.5 g, Carbohydrates 54.4 g, Protein 16 g

### True or False

- 1) Coffee counts towards your daily fluid intake.
- 2) Carrots were originally purple
- 3) Whole grain bread is always brown
- 4) Beans can help lower your cholesterol
- 5) All plant based foods are heart healthy



Answers: 1) T 2) T 3) F 4) T 5) F

## Ask Amber

*Can what I eat really help improve my memory?*

As we age, the health of our brain can be influenced by inflammation, oxidative stress, and reduced blood flow. Nutrition plays an important role in supporting cognitive function, but there is no single “superfood” that can boost memory on its own. What matters most is the overall dietary pattern rather than any individual food.

Dietary patterns that promote brain health emphasize plant-based foods and provide abundant antioxidants and healthy fats. Research consistently shows that the MIND diet—which features leafy greens, berries, olive oil, fish, and whole grains—is associated with improved brain health and a slower rate of cognitive decline.

For those interested in making nutrition-focused changes to support memory, the following simple dietary adjustments can increase nutrient density and, over time, contribute to meaningful benefits.

- ◆ Add a serving of berries to your breakfast.
- ◆ Use vegetable oil (including olive oil) instead of butter when cooking.
- ◆ Include a serving of dark leafy green vegetables, such as spinach, each day. You can also start slow and aim to add a serving once a week.
- ◆ Fish is a rich source of healthy fats. Use this as a protein source at lunch or dinner.
- ◆ Make the switch to whole grains. Try whole grain bread, brown rice, and whole grain pasta.

*We'd love to hear from you! Submit a nutrition question to [akautz@schuylercountyny.gov](mailto:akautz@schuylercountyny.gov) and we will try to feature the answer in the next edition of the Golden Glow.*

Behaviors to Swap →	
DiETING and an 'all or nothing' approach	Focus on your eating pattern. Choose a couple things you can change and aim for improvement, not perfection.
Large portions	Smaller more frequent meals. Try smaller plates to help keep portion size in check, and include balanced snacks between meals (aim for at least 2 food groups).
Foods/Nutrients to Swap →	
Refined Grains	Whole Grains (oatmeal, popcorn, brown rice)
Processed meat	Plant proteins and fish (try to include beans once or twice a week)
Salt	Herbs (for example citrus, garlic, and other salt free seasonings)
Sugary Drinks	Water (Add fruit or consider sparkling water)
Saturated Fat	Heart Healthy Fats (such as olive oil and avocados)

You can learn more about National Nutrition Month online at:

<https://www.eatright.org/about-national-nutrition-month>

Schuyler County OFA Meal Coupon

This coupon is valid for **ONE MEAL** for a Senior 60+ at any Schuyler County OFA congregate meal site.

Suggested Donation of \$4 encouraged, payment is **NOT REQUIRED**

# HIICAP (Health Insurance Information, Counseling and Assistance Program)

## Focus on Medications

This year brought many changes to insurance plans and coverage, including prescription drug plans, commonly known as Part D. For a little change of pace, this article will focus on medication use itself, rather than simply the financial aspects of using medications. Prior to *paying* for any medication, it is important to know what you are taking, the purpose of the medication, how to take it properly and what to do once the medication is discontinued. This may seem as if it has nothing to do with “insurance counseling,” but knowing all about your medications matters when choosing either a Medicare Advantage plan with drug coverage, or a stand-alone Part D plan. ALL plans have what they call “formularies,” which is essentially a list of medications that companies are willing to cover. If you don’t know what you are taking, it will be hard to understand if the plan you need will actually be of assistance. So, please take a few minutes to read this section. It may provide you with questions to ask at your next insurance counseling session.

Do I Need To  
Take So Many  
Medications?



People age 65 and older tend to take more medicines than those in any other age group, often because they have several diseases or other health problems at the same time. Taking multiple medications can be expensive and difficult to track. It also can increase the risk of side effects and other unintended problems.

If you are concerned that you might be taking too many medications, or you can’t afford all your medications, have a conversation with your health care provider about whether there are any you could safely reduce or stop. But don’t stop taking your medicine before talking with your doctor.

### Tips for Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier lives but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines. The following tips can help you safely take and keep track of all your medicines.

First and foremost, **know what you are taking.** Mixing certain medicines can cause unpleasant and sometimes serious side effects. Make sure you know about all medicines and supplements you take, including:

- Prescription medications
- Over-the counter drugs
- Vitamins
- Dietary supplements
- Herbal remedies

Be sure your doctor and pharmacist are also aware of everything you take. Also tell your health care provider about alcohol, tobacco, and drug use. These substances can have harmful interactions with certain medications and may change the way your medicines work.

Next, **ask questions about your medicines:** Ask your doctor or pharmacist any questions you may have about your medications. Possible questions include:

- Why am I taking this medicine?
- How much medicine should I take and how often?
- When will the medicine start working?
- How will I know if it’s working?
- What are common side effects of this medication?
- What should I do if I experience serious side effects?
- Is it safe to drive while taking this medicine?
- Should I take the medicine with food?
- What should I do if I forget to take my medicine?



It’s important that you **keep track of your medicines:** Make a list of *all* prescription medications, over-the-counter drugs, vitamins, and dietary supplements you take. Keep one copy of the list in a safe place at home and one in your wallet or purse. The lists should include:



Name of each medicine or supplement  
Amount you take (dosage)  
Time(s) you take it

For prescription medicines, also include;  
Name of the doctor who prescribed it  
Reason it was prescribed.

All of this will only help if you **follow instructions:** When you have a prescription filled, read everything on the prescription label and any paper handouts that come with the medicine. Follow the instructions carefully. Remember that taking more than prescribed will not help you get better faster. Also, skipping or taking smaller doses to save money could mean you are sicker for longer. **If you are having trouble paying for your prescriptions, contact Wendy at 607-535-6827 to schedule an appointment. There may be programs to assist you in paying for your medications.**

# NY CONNECTS & EISEP (Expanded In Home Services for the Elderly Program)

## How do I get paid to take care of my family member?



This is a question that our office often receives from people who call in for help. The answer is not as straight forward as people expect it to be. An important thing to know is that while some government programs pay family caregivers to provide personal care, cooking, cleaning and more; **Medicare does not.**

### Here are some things to keep in mind.

1. If your family member has resources to pay out of pocket, they can make an arrangement to pay you for the services you provide to them, or they can choose another private pay option. Our office would suggest completing a Personal Care Agreement to ensure the expectations are clearly laid out for you and your loved one. Call our office if you are interested in receiving a sample Personal Care Agreement.
2. If your family member is living with low income they may qualify for Medicaid. In NY, Medicaid allows qualified individuals to manage their own long term care services which may include hiring a family member to provide in-home care. *\*Eligibility is determined through an evaluation with New York Independent Assessor (NYIA). You must already be enrolled in Medicaid to begin this process.*
3. If your family member is a veteran, you may be eligible to receive compensation through the Department of Veteran Affairs. You can contact your Social Worker through the VA to learn more.

Keep in mind, it is always easier if the first time you think about long term care and support isn't during a crisis. NY Connects staff can assist you in exploring available options based on your unique situation.

**The "Senior Notebook"** airs  
Saturdays at 12:00pm and  
Sundays at 6:30am, 11:30am &  
 11:30pm  
 on WENY-TV ABC  
Saturdays at 12:00pm and  
Sundays at 6:00am  
 and 11:30am on EENY, CBS  
Sundays at 12:00pm on GENY, CW



Trivia Question #1: What is the name of the first spring flowers that poke through late snow?  
*Find the answer on page 12*



# EISEP

## Expanded In Home Services for the Elderly Program

**1. What is EISEP?**  
 A non-medical program that assists individuals 60 and older who need help with personal hands-on-care and/or household tasks.

- light housekeeping, laundry
- bathing, grooming, dressing
- grocery shopping

**2. Who is eligible?**  
 EISEP is for seniors who are not eligible for Medicaid and don't have resources to pay for private care.

**3. What does EISEP cost?**  
 EISEP services operate on a cost-share basis; fees vary by income, and some individuals may pay nothing.

**4. Any other services offered?**  
 Eligible clients may also receive a PERS (Personal Emergency Response System) for in-home emergencies. (All services based on availability)

**How can I get more information?**  
 Brook Heichel, Aging Services Case Worker  
**607-535-7108**  
 bheichel@schuylercountyny.gov

Join Over 4 Million Older Adults Who Love GetSetUp

The New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetUp to provide free virtual programming for older adults taught by peers - ask questions, make new friends, learn new things and have fun.

Try an Online Class Today!  
[www.getsetup.io/partner/nystate](http://www.getsetup.io/partner/nystate)

Live Programming Taught by Older Adults Across Multiple Categories

- Aging in Place
- Music
- Communication
- Photography
- Cooking
- Social Hours
- Creativity
- Social Media
- Financial Planning
- Technology
- Health and Wellness
- Travel
- Fitness
- Business

Terri T. GetSetUp Ambassador  
 "I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."

[www.getsetup.io](http://www.getsetup.io) 1-888-559-1614 help@getsetup.io

# CAREGIVER'S CORNER

## You Matter Too: Staying Connected While Caregiving

(Shannon Slater. OpenAI. ChatGPT, January 2026)

Caregiving is an act of love, commitment, and responsibility - but it should not require giving up your own life in the process. While caregivers often focus on the needs of another person, it is just as important to protect time, identity, and connection for themselves. Maintaining your own interests, relationships, and sense of purpose is not selfish; it is essential to sustaining your well-being and your ability to continue caregiving over time.



One of the first areas to slip away for caregivers is social connection. Friends may drift, invitations may feel harder to accept, and conversations can become centered solely around caregiving tasks. Yet meaningful relationships are a vital source of emotional support, stress relief, and perspective. Staying connected - whether through regular phone calls, coffee dates, or group activities - helps caregivers feel seen as more than their role and reminds them they are not alone.

Equally important is allowing yourself permission to explore new experiences or rediscover old interests. Engaging in something enjoyable or adventurous can feel daunting when caregiving demands are high, but these experiences can be deeply restorative. Learning something new, traveling (even briefly), or participating in structured programs designed for older adults and caregivers can renew energy, confidence, and curiosity. These moments of engagement help counter burnout and restore a sense of balance.

Setting healthy boundaries plays a key role in making this possible. Boundaries allow caregivers to carve out time for rest, hobbies, and social engagement without guilt. This might mean arranging respite care, asking for help, or simply saying no when your plate is full. Boundaries protect both the caregiver and the person receiving care, ensuring the relationship remains sustainable rather than overwhelming.

Keeping your brain engaged is another important, and often overlooked, aspect of self-care. Activities that challenge the mind, encourage learning, and foster creativity help support cognitive health and emotional resilience. Whether through classes, discussions, reading, or hands-on experiences, mental stimulation supports overall well-being and can improve mood, memory, and focus.



Caregiving is a long journey, and it is not meant to be walked at the expense of your own life. Staying socially connected, setting boundaries, engaging in meaningful activities, and nurturing your mind are all ways caregivers can care for themselves while caring for others. When caregivers prioritize their own well-being, they are better equipped - emotionally, physically, and mentally to provide compassionate and effective care.

*Below this article, you'll find information about Road Scholar, an organization that offers educational travel and learning opportunities, including options designed with caregivers in mind.*

## Family Caregivers May Receive Up to \$600 !

Are you a caregiver for a relative who has a disability or chronic condition or a Kinship Caregiver for a child under 18?

The **New York State Caregiving and Respite Coalition**, managed by Lifespan of Greater Rochester, Inc., is offering respite vouchers for up to \$600. Kinship Caregivers and caregivers of persons with a disability or chronic condition who are not receiving respite from another organization are eligible for this funding.

Caregivers may use the voucher for respite services that include:

- An in-home program
- A center-based program, where a facility provides the care
- A summer or weekend camp
- Assisted living or nursing home programs

You must provide a referral – a doctor, social worker, or other professional who knows you and your family.

For more information and how to apply, [visit www.nyscr.org](http://www.nyscr.org), call (585) 287-6391 or send an email to Rebecca Hyde at [rh Hyde@lifespan-och.org](mailto:rh Hyde@lifespan-och.org)



## Road Scholar's Caregiver Grants



Say YES:  
to NEW  
ADVENTURES



Road Scholar is a non-profit organization offering educational travel adventures, primarily for adults over 50, focusing on lifelong learning through expert-led trips globally and domestically, combining lectures with hands-on experiences in diverse subjects, from history to nature, with inclusive pricing covering most expenses.

Road Scholar offers thousands of learning adventures, serving 80-100,000 participants annually. Their programs combine travel and education to provide learning opportunities featuring an extraordinary range of topics, formats and locations, in nearly every state in the U.S., nearly 100 countries and aboard ships on rivers and oceans worldwide.

**At Road Scholar we acknowledge the weighty responsibility carried by all adults who serve as **family caregivers** for ill or disabled relatives.**

The warm, welcoming and friendly nature of their learning adventures provide a much-needed respite from the emotional and physical demands of being a caregiver. The **Caregiver Grants** provide recipients with an opportunity to rediscover the joy of learnings and a chance to connect with fellow Road Scholars.

You're an eligible caregiver if you are the primary unpaid caregiver providing daily care and support for an ill or disabled family member (spouse, parents, adult child, partner or sibling).

- Your loved one may also be receiving home care, hospice, visiting nurse, LPN services or comparable and related services.
- Your loved one may be in an adult care, memory care a nursing home or comparable or related facility.
- You have lost a loved one within the past two years who was in any of the above situations.
- You live in the United States and are 50 years of age or older.
- You have not taken a Road Scholar program in the last two years.

**Learn more by calling 1-800-454-5768 or visiting Road Scholar online at: <https://www.road scholar.org/about/financial-assistance/caregiver-grants/>**

**Did you know Road Scholar offers expert-led learning adventures you can enjoy from the comfort of your own home?**

**All you need is a computer and a steady internet connection.**

**If you'd love to attend an Adventures Online program but have limited means, apply for their Adventures Online scholarship.**

**Learn more by visiting Road Scholar online at: [roadscholar.org](http://roadscholar.org)**

# CAREGIVER'S CORNER



## Who We Are: The Ombudsman Program



The Long-Term Care Ombudsman Program is a resident-centered advocacy service dedicated to protecting the rights, safety, and dignity of individuals living in nursing homes, assisted living residences, and adult care facilities. As an independent resource, the program exists to ensure that every resident has a voice, and that it is heard, respected, and supported.

Ombudsmen are trained professionals and volunteers who visit facilities regularly to meet with residents, listen to concerns, and help resolve issues. Whether the concern relates to care, food quality, personal rights, communication with staff, or overall quality of life, the Ombudsman Program works to address the matter promptly and collaboratively.

In addition to individual advocacy, the program provides education for residents and families, supports resident and family councils, and promotes policies that strengthen resident rights and protections across long-term care settings.

Our core mission is to advocate, empower, and ensure that every resident's voice matters.

### How We Help

The Long-Term Care Ombudsman Program provides support in several key areas to ensure residents receive quality care and experience dignity, respect, and safety in their daily lives.

1. **Resolving Concerns and Complaints**  
Ombudsman representatives assist residents and families with concerns related to care, rights, communication, food and nutrition, environmental issues, and overall quality of life. All conversations are confidential, and the resident is always at the center of the decision-making process.
2. **Advocating for Resident Rights**  
We help residents understand their rights and work to ensure those rights are upheld. This includes issues such as privacy, autonomy, choice, visitation, and freedom from abuse or neglect.
3. **Supporting Resident and Family Councils**  
The program provides guidance to resident councils and family councils, helping them strengthen communication with facility leadership and advocate for positive changes within the facility.
4. **Providing Education and Information**  
Ombudsmen offer information on long-term care options, facility policies, and resources available to residents and their families. We also provide education to staff and community members about resident rights and best practices in long-term care.
5. **Promoting Systemic Change**  
Beyond individual advocacy, the program monitors broader trends and concerns within facilities and contributes to local and statewide efforts to improve long-term care policies and standards.

If you or a loved one has questions, concerns, or simply needs someone to talk to about life in long-term care, the Ombudsman Program is here as a free, confidential resource.

**Contact Kate Lyon, local Ombudsman Office (Chemung, Schuyler, and Tompkins Counties) at 607-274-5498 or email, [klyon@tompkins-co.org](mailto:klyon@tompkins-co.org).**



"I know how you feel"  
"I get really frustrated sometimes"  
"I appreciate you listening"



### Just a few....benefits of joining a Caregiver Support Group

- ◆ Share your feelings, frustrations, and fears in a non-judgmental environment.
- ◆ Access useful info, resources, and advice from experienced caregivers and professionals.
- ◆ Learn new coping strategies and problem-solving techniques.
- ◆ Develop friendships and social connections.

### Caregiver Support

Stay in the loop! Call Shannon Slater, 607-535-7108, to join our Caregiver Mailing List.

Schuyler County OFA, National Family Caregiver Support Program presents:



## Caregiver Support - It's just us

Make meaningful connections, renew your spirit and find comfort in knowing you are not alone.

**TUESDAY, MARCH 24**  
5:00PM - 6:30PM

and

**TUESDAY, APRIL 21**  
5:00PM - 6:30PM

For more information or to register, please contact Shannon, 607-535-7108

**LOCATION: Silver Spoon Café**  
323 Owego Street  
Montour Falls

Registration is required as space is limited.

Schuyler County Office for the Aging  
National Family Caregiver Support Program

### Color Me Supported



**April 1, 2026**  
5:30 PM - 7:00 PM

Silver Spoon Cafe  
323 Owego Street  
Montour Falls

### Who should attend?

- Adults who are caring for a family member or loved one, including a spouse, parent, relative, or friend.
- New and long-time caregivers are welcome.

Caring for an aging loved one can be rewarding – and exhausting. Color Me Supported offers a relaxed, supportive space to take a break, connect with others who understand, and unwind.

No artistic experience needed – just come as you are.

Free to attend. Registration required.

Participation is subject to eligibility guidelines and availability.

Please contact Shannon Slater for more information, or to register, 607-535-7108

# VOLUNTEERISM

## *A Heart for Service: Stepping Into My Role as Volunteer Coordinator*

By Erin Sawdey

I'm excited to share that I've stepped into a new role as **Volunteer Coordinator with the Schuylers County Office for the Aging**. While I will continue supporting some SNAP-Ed programming, this position allows me to work even closer with the incredible Office for the Aging team—and to expand my reach in serving our community through the powerful work of volunteerism.

Volunteerism is often described as “helping out,” but in reality, it is so much more than that.

Volunteers are the hands that close the gap between need and care. They show up where systems can't always stretch, they bring dignity to everyday moments, and they remind people—especially older adults—that they are seen, valued, and not alone. Whether it's offering a friendly presence, lending a steady hand, or simply sharing time and conversation, volunteers help meet real needs in deeply human ways.

In Schuylers County, the impact of volunteer service is profound. Our community is rich in heart, resilience, and neighborly care, and volunteers play a critical role in supporting programs that help older adults remain independent, connected, and safe. This role gives me the opportunity to listen closely to the needs of our county, support volunteers with intention, and help create meaningful matches between people who want to serve and places where they are truly needed.

A little about me: I'm a nutritionist by training and have spent the past several years working in public health education through SNAP-Ed, focusing on practical, accessible ways to support wellness. I'm also a small business owner, a mom, and someone who genuinely loves community-building—whether that's through food, education, or service. I'm passionate about sustainability, local connections, and creating systems that care for people at every stage of life. At the core of all of this is a deep belief that when people come together with compassion and purpose, real change happens.

What excites me most about this role is the chance to champion volunteers—to support them, celebrate them, and help make their experience as meaningful as the impact they create. Volunteering is not just about giving; it's also about belonging, purpose, and discovering how much you have to offer.

If you've ever felt the nudge to get involved, this is your invitation. If you're looking for a way to give back, to meet new people, or to make a tangible difference right here in Schuylers County, I would love to connect with you. And if you know someone who might be a great fit for volunteering, please share this opportunity with them.

**Together, we can continue building a community where care, service, and connection thrive!**



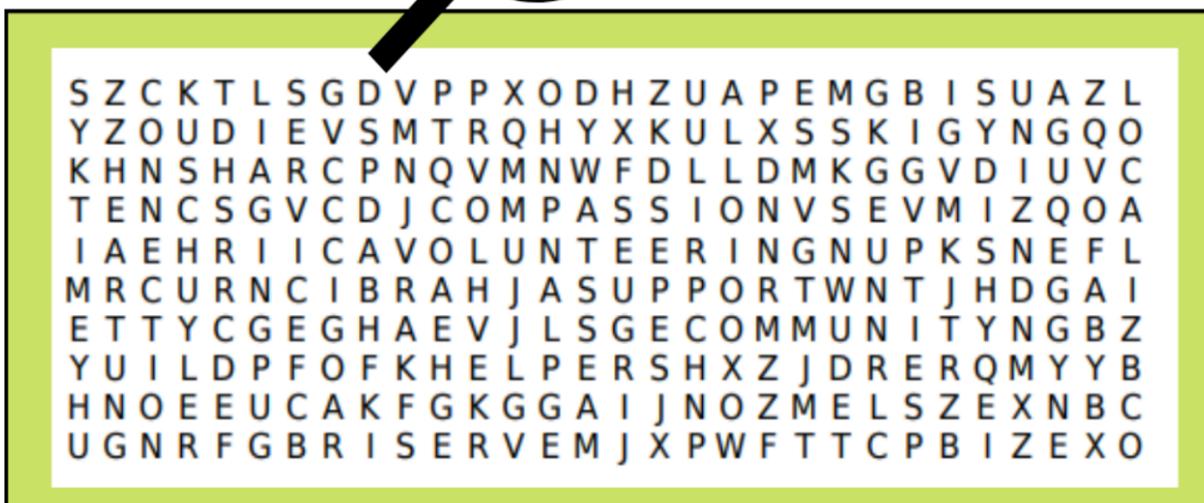
## Help Make A Difference



**We'd love to connect.**

Visit our website for an application and more information at [www.schuylerscountyny.gov](http://www.schuylerscountyny.gov), you can also call Erin at (607) 535 - 6822, or email [esawdey@schuylerscountyny.gov](mailto:esawdey@schuylerscountyny.gov).

## VOLUNTEER WORD SEARCH



- CONNECTION
- COMMUNITY
- GIVING
- AGING
- SERVE
- COMPASSION
- SCHUYLER
- SERVICE
- LOCAL
- CARE
- VOLUNTEERING
- SUPPORT
- HELPERS
- HEART
- TIME
- OFA

Trivia Question #2: Historically, the county is named after Philip Schuyler, who was a leader in what major event that concluded before spring?



Trivia Question #3: What popular, fragrant flower, often white or purple, signals spring's arrival and is known for its trumpet-shaped blooms?

Trivia Question #4: Which bird is traditionally considered the first sign of spring in North America?

Trivia Question #5: Who established National Nutrition Month and in what year?

*Find the answers on page 12*

# VETERANS

**Free for Veterans and Guests**

## COFFEE TALK

**MARCH 20, 2026**

9:30 AM at  
**Holy Cow Deli in Watkins Glen**

Provided by:  
**Schuyler County Veterans Service Agency  
and the Joseph P. Dwyer Veterans Peer Support Project**

**COFFEE TALK**

**APRIL 17, 2026 @ 9:30**

**HOLY COW DELI**

VETERANS AND GUESTS WELCOME

SCHUYLER COUNTY VETERANS SERVICE AGENCY

JOSEPH P. DWYER VETERANS PEER SUPPORT PROJECT

Contact your Schuyler County Veterans Service Agency for assistance, and to see what veteran's benefits you **might** be eligible for. PLEASE call to schedule an appointment at 607-535-2091 or email the Veteran's Office at [schuyler@schuylercountyny.gov](mailto:schuyler@schuylercountyny.gov).  
Veterans Office Hours Monday - Friday 9:00 a.m. -12:00 p.m., 1:00 - 4:00 p.m.

### RESOURCES FOR VETERANS

**VETERANS CRISIS LINE**  
DIAL 988 THEN PRESS 1 or  
CHAT AT [VeteransCrisisLine.net](http://VeteransCrisisLine.net)/Chat or  
Text at 838255

**VETERAN COMBAT CALL CENTER**  
1-877-WAR-VETS (1-877-927-8387)

**NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI)**  
1-800-950-6264

**HOME ENERGY ASSISTANCE PROGRAM (HEAP)**  
607-535-8303

**NYSEG BILL ASSISTANCE (PROJECT SHARE)**  
800-599-4327

**LEGAL ASSISTANCE (LAW NY)**  
607-734-1647

**SCHUYLER COUNTY MENTAL HEALTH**  
607-535-8282

## LEGAL SERVICES

**Schuyler County Office for the Aging Legal Services**

The Federal Older Americans Act (OAA) designates legal assistance as a priority service funded under Title III-B. Schuyler County Office for the Aging provides legal counseling through contracted services with a local attorney. Priority is given to those individuals age 60 and over with the **greatest social or economic need** (an income at or below the federal poverty level) and whose cases present crucial issues.

There is no financial eligibility requirement for assistance through this program; however, it is intended for those who would otherwise be **unable to afford** legal assistance using their own financial resources.

Please refer to the Federal Poverty Chart to determine if your income would be considered at or below the poverty guideline. **→**

If your income is at or below the federal guideline, and you do not have the resources to pay privately for an attorney, this program is geared toward helping you. If this does not apply to you, please refer to the next page for other Legal Resources.

#### Federal Poverty Level - 2024

Family Size	Monthly Income
1	\$1,255 per month or less
2	\$1703 per month or less
3	\$2152 per month or less
4	\$2600 per month or less

Office for the Aging will ensure that its legal assistance provider is providing legal assistance in the following priority subject areas: income, health care, long-term care, nutrition, housing, utilities, protective services, defending older adults against guardianship, abuse, neglect, exploitation, and age discrimination.

Here are some examples of specific services that are provided:

- Advanced Directives (Health Care Proxy, Living Will)
- Last Will and Testament
- Debt Collection Issues
- Grandparents Rights
- Power of Attorney
- Simply Real Estate Transactions
- Landlord / Tenant Disputes, etc.
- Small Claims Court advice

#### To Schedule an Appointment

Please call the office of Aimee Churchill, Esq. at 607-228-7910 and leave a message with your name, telephone number, and reason for the appointment. Plan to bring any pertinent paperwork with you. Certain paperwork will require you to schedule a follow up appointment to sign the document and have it notarized. Appointments are in **Conference Room 118 of the Human Services Complex** and typically run about 15 minutes depending upon the need.

If it is determined that your case cannot be served by Office for the Aging Legal Services, you will be referred elsewhere for assistance.

Continued **→**

#### Legal Resources

**Legal Assistance of Western NY – Law NY** (formerly Chemung County Neighborhood Legal Services)

Location: 215 E. Church Street, Suite 301, Elmira, NY 14901  
Phone: (607) 734-1647  
Hours: Monday-Friday 9am-5pm

We are a civil legal aid program serving clients in the four counties of Chemung, Schuyler, Tioga and Tompkins and offer pro bono opportunities in all areas of poverty law.

- Area of law: Consumer, Disability, Elder Law, Employment, Family/Juvenile, Homeless, Prisoners, Public Benefits

The Rural Law Center is the only legal services program in NYS whose mission is to serve the legal needs of individuals and families living in the state's 44 rural counties.

**RURAL LAW CENTER OF NEW YORK LEGAL INFORMATION AND ASSISTANCE**

- Information and Assistance with these topics:
- Debt Collection/Bankruptcy
  - Landlord/Tenant Dispute
  - Foreclosures
  - Health Care Proxy
  - Family Law
  - Land Contracts
  - Elder Issues
  - Non-Criminal Matters

You can contact the Rural Law Center at 518-561-5460 or visit [www.rurallawcenter.org](http://www.rurallawcenter.org), click on ONLINE LEGAL HELP and fill out a simple form.

**New York State Courts – Help Center**

The Sixth Judicial District Court Help Center gives free help to people without lawyers.

Phone: 607-240-5954

The Help Center can provide information and assistance with the topics below:

- how to start or file a case
- basics of filling out court forms
- which court you need to file in
- how to submit a response if somebody starts a case against you
- court procedures
- finding community agencies and other resources

The Help Center cannot give legal advice or tell you the best way to handle your case.

**ELDER LAW & JUSTICE** 1-844-481-0973

Any New Yorker age 55+ can call our **Free Legal Advice Helpline** to speak with an attorney. We provide free legal help to older, disabled, and low-income adults in Western New York. [www.elderjusticenyc.org/](http://www.elderjusticenyc.org/)

**Justice Center of the Southern Tier** 607-545-1100

320 W. Main Street, Suite A Montour Falls, NY

We offer a multidisciplinary team dedicated to aiding victims. By consolidating a range of services in a single location, we aim to provide comprehensive support, in a safe environment.

Services include, but not limited to: Criminal Justice Advocacy, Law Enforcement Availability, Counseling, Case Management, Legal Resource

**AARP Tax-Aide**

Attention: Schuyler County residents

Get **FREE** help with your 2025 tax return

9 a.m. to 3 p.m. Thursdays  
February 5th - April 9th  
Room 120, Human Services Complex  
323 Owego Street, Montour Falls

Serving low-income adults age 60+ who reside in Schuyler County

Starting January 2, CALL 607-535-7108 to make an appointment



**LET US KNOW!**

What kind of Health Promotion classes would you like to see OFA offer? Let us know!

Call Erin Sawdey at (607) 535-6822, or email [esawdey@schuylercountyny.gov](mailto:esawdey@schuylercountyny.gov)



Trivia Question #6: How many leaves does a traditional shamrock have and what do they represent?

Find the answer on page 12

# BULLETIN BOARD

**Literacy Volunteers of Chemung & Schuyler Counties is looking for Volunteer Tutors in the Schuyler County area**



You can make an impact on someone's life. You don't need to be a teacher: no experience is needed. We provide free training. The only degree you need is a degree of caring. Together we can make literacy accessible for everyone!

**Literacy Volunteers Building Stronger Readers, One Tutor at a Time.**

Contact us at:  
LiteracyVolunteersofSchuyler@gmail.com





Trivia Question #7: True or False: Watkins Glen State Park is one of the oldest state parks in New York.

Trivia Question #8: Which holiday honors the planet and promotes environmental protection worldwide each April?

Find the answers on page 12



Available in:

Allegany  
Cattaraugus  
Chautauqua  
Chemung  
Steuben  
& Schuyler Counties



**Attention**

**Job Seekers 55+!**

**Senior Community Service Employment Program**



GAIN Job Skills

EARN Higher Wages

WORK for your community

**SCSEP Program Requirements:**

- Participants must be at least 55
- Unemployed
- Income eligibility required

**Contact Us:**

[harrisonw@proactioninc.org](mailto:harrisonw@proactioninc.org)  
607-776-2125 x 4116

## Color me below!



Schuyler County Transit Can Get You There!

# SCHUYLER COUNTY FOOD PANTRIES & MEAL SITES

YOU CAN USE VILLAGE CONNECTIONS TO GET TO THESE LOCAL FOOD PANTRIES



→ THE COMMUNITY TABLE AT ST. MARY'S  
905 NORTH DECATUR STREET, WATKINS GLEN  
(MONDAYS, 4PM-6:45PM, LIMITED BUS SERVICE AFTER 5:15PM)

← WELLNESS WAREHOUSE (ODESSA FOOD PANTRY)  
1928 COUNTY ROUTE 15, ODESSA, REQUIRES DEVIATION  
(MONDAYS/WEDNESDAYS/FRIDAYS, 8AM-10AM & 5PM-7PM)

→ SCHUYLER COUNTY FOOD PANTRY, FIRST BAPTIST CHURCH  
221 W. SOUTH STREET, MONTAUR FALLS, REQUIRES DEVIATION  
(FRIDAYS, 9AM-12PM & 3PM-5PM)

← SCHUYLER COUNTY OUTREACH, CATHOLIC CHARITIES  
112 TENTH STREET, WATKINS GLEN, REQUIRES DEVIATION  
(TUESDAYS & FRIDAYS, 9AM-2PM AND THURSDAYS, 12PM-4PM)

→ SCHUYLER HOSPITAL FOOD PANTRY - CAYUGA HEALTH  
220 STEUBEN STREET, MONTAUR FALLS  
(WEDNESDAYS, 12PM-5PM)



\*IF YOU REQUIRE A DEVIATION, PLEASE CALL AHEAD TO SCHEDULE.

Transportation Link-Line : (607) 535-3555 [schuylercountyschuyler.org](http://schuylercountyschuyler.org)

### Warmer Weather = Ticks

After spending time outdoors, make sure to check yourself for ticks.

If you find one, remove the tick:

- Use fine-tipped tweezers and grasp the tick close to the skin
- Pull upward with steady and even pressure. Do not twist, jerk, or crush the tick.
- After removal, clean the bite site with soap and water or rubbing alcohol and wash your hands.

**Dispose of the tick**

Flush it down the toilet or place in a sealed container and throw away.

If you develop a rash or feel sick in coming weeks, call your doctor.



## WE WANT YOU!

to become a volunteer with Schuyler County MRC!

Our MRC is made up of both medical and non-medical community members who have a passion for community service. You can help out in a variety of ways, such as:

- Helping with rabies clinics,
- Taking part in emergency drills,
- and more!



to learn more or call us  
607-535-8140



# 10 TEN REASONS TO USE PUBLIC TRANSIT IN 2026



 Riding public transit can be almost 10x safer per passenger mile than driving your own vehicle. **1.**

Public transit reduces the nation's fuel consumption by an estimated 4.2 billion gallons of gasoline per year. **2.**

**3.** Transit is cheaper! The average US household spends \$.16 per dollar on transportation, with 93% of that going toward owning and operating a personal vehicle. 

Public transportation in the US helps reduce 37 million metric tons of carbon dioxide emissions annually. **6.** 

**4.** You can reduce your chance of being in a traffic accident by 90% compared to commuting by car. 

Replacing a car with transit can save you nearly \$10k a year! **5.**

**7.** A typical transit bus will emit about 80% less carbon monoxide per mile than a single occupant vehicle.

 **8.** Every \$1 invested in public transit generates about \$5 in economic returns.

 Investment in transit helps to create and fund jobs in your community. **9.**

Public transit fares usually range from a few hundred to a couple thousand dollars a year. The average American spends about \$2500-\$4000 on gasoline per year. **10.** 

Information provided by publictransportation.org.

If you have any questions about Public Transit, Dial-a-Ride, or trip planning, please contact [Transportation Link-Line](tel:607-535-3555) at 607-535-3555.

## A SPECIAL THANK YOU!

A heartfelt thank-you to the following volunteers who helped prepare the January/February 2026 *Golden Glow* for mailing.

- |                |               |                 |                  |
|----------------|---------------|-----------------|------------------|
| Mary Hoose     | Dawn Moser    | Jan Collins     | Lois Cratsley    |
| Helen Kelly    | Joann Neal    | Timothy Collins | Karen Durfey     |
| Sandy Monroe   | Bonny Parsons | Shirley Cooper  | Mary Jane Harnas |
| Gretta Preston |               |                 |                  |

The Golden Glow volunteers meet 6x/year at the Human Services Complex in Montour Falls to assist with preparing the newsletter for mailing. *Become a volunteer!* Call (607) 535 - 6822

*We are so grateful...*

The following people graciously made monetary donations to the Office For the Aging and its programs. This is above and beyond the contributions received from consumers for services received.

**Dale Heichel, Sr. \$50 + \$50**  
*In memory of Betty Heichel*

**Roberta Thorpe, \$25**  
*In memory of Ella Persons*

**Karen Vann, \$100**  
*In memory of Bruce Vann*

**Anonymous, \$500**

**John Farwell III, \$100**

*In addition to the donations noted above, we offer our sincere thanks to all those who contribute.*

# THANK YOU!

# APRIL IS NATIONAL VOLUNTEER MONTH

**A heartfelt thank you to our amazing OFA volunteers! We truly appreciate everything you do.**



Barb Anderson  
 Timothy Anderson  
 Christine Applebee  
 Michael Atwood  
 Amenda Bacon  
 John Ball  
 Diane Ballard  
 Timmy Bauman  
 Dave Boxall  
 Bobbie Beckhorn  
 Theresa Bellavigna  
 Betty Bement  
 Floyd Bennett  
 Jan Bennett  
 Carol Bianco

Irene Brown  
 Paul Brown  
 Kelly Buckley  
 Sue Bulkley  
 Chris Burns  
 Jean Carey  
 Melissa Chipman  
 Jan Collins  
 Tim Collins  
 Alice Conklin  
 Shirley Cooper  
 Lois Cratsley  
 Clifford Davis  
 Nancy Davis  
 Nancy Dawson  
 Bruce Draper  
 Kay Draper  
 Betty DeNardo  
 Steve Duhaime  
 Karen Durfey  
 Diane Edwards  
 Tami Ellis  
 Ray Ergott

Kathy Fifield  
 Bob Fitzsimmons  
 Kenneth Gilbert  
 Ron Greenland  
 Stacy Hall  
 Mary Jane Harnas  
 Mary Hoose  
 Kathy Huey  
 Arleeta Karz  
 Helen Kelly  
 Deborah Kern  
 Barbara Ketchum  
 Ford Knight  
 Paul Leahey  
 Janice Learn  
 Teresa Letteer  
 Dennis Mann  
 Carolyn McDivitt  
 Justin McMaster  
 Sandy McMaster  
 Beverly Mello  
 Carol Mikoda  
 Chris Miller

Mike Mize  
 Jason Mong  
 Sandy Monroe  
 Dawn Moser  
 Joann Neal  
 Sharon Nutting  
 Mary Olin  
 Bonny Parsons  
 Jannett Peet  
 Tom Peet  
 Rhonda Pennington  
 Robert Pennington  
 Judy Philips  
 Gretta Preston  
 Barlow Rhodes  
 Rosalinda Rice  
 Michele Rich  
 Dan Russell  
 Joe Sevier  
 Walter Sheuer  
 Bonny Parsons  
 Jannett Peet  
 Tom Peet

Rhonda Pennington  
 Robert Pennington  
 Judy Philips  
 Gretta Preston  
 Barlow Rhodes  
 Rosalinda Rice  
 Michele Rich  
 Dan Russell  
 Joe Sevier  
 Walter Sheuer  
 Nanette Scogin  
 Myrna Smith  
 Karyn Sochacki  
 Karey Solomon  
 Lucy Soper  
 Joan Sutherland  
 Bonnie VanAlstine  
 Kathie VonNeida  
 Don Webster  
 Robert Wirth  
 Wendy Wirth

Stay active, feel stronger, and have fun with friends—join our exercise and health promotion classes at OFA and invest in your health and independence today! Call us at (607) 535-7108 for more information on upcoming classes!



## Want to get moving? Try different types of exercise!



### Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



### Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



### Balance

Balance exercises help prevent falls and can improve stability.



### Trivia Question Answers:

1. Crocuses
2. The American Revolutionary War
3. Daffodil
4. The American Robin
5. It was established in 1973 by the Academy of Nutrition and Dietetics
6. Three and they represent faith, hope, and love
7. True
8. Earth Day

To learn more about older adults and exercise, visit: [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).

## To Make a Donation, Subscribe or Change Address

Please clip and send this coupon along with your donation payable to or address change to:

**Schuyler County OFA  
 323 Owego Street, Unit 7  
 Montour Falls, NY 14865**

The Schuyler County Office For the Aging appreciates and gratefully accepts financial donations to help off-set costs beyond available resources.

I would like my donation to go to:

- Home Delivered Meals
- Transportation Services
- Legal Assistance
- Health Insurance Counseling
- Where it is most needed
- In Memory Of \_\_\_\_\_
- Please acknowledge my donation in the Golden Glow as anonymous.

Tape current mailing label here

Name \_\_\_\_\_  
 NEW Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

I prefer to receive the Golden Glow by (circle one) USPS MAIL or EMAIL

- Permanent
- TEMPORARY In effect from \_\_\_\_\_ to \_\_\_\_\_
- Please remove name from mailing list.